

Want to be ready for Cross Country Season?

Sign up for Rising Tide Cross Country Camp through the Salem Recreation!



Rising Tide Cross Country Camp is a unique running and sports nutrition evening camp for athletes entering grades 6-8!

You will get:

- Daily **training runs and exercises**
- A personalized training schedule
- Expert advice and tips from some of the area's best coaches and athletes.
- Personalized sports nutrition advice and **fun food demos** from a registered dietitian.
- Camp **T-shirt**
- Compete in a 5K XC race!
- A healthy **snack**, fun and friends!



Sign up today with Salem Recreation!

July 25-29 5pm-8pm

Residents \$100 / Non-Residents \$115

(860) 859-3873 x275

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